

HEMI-SYNC® AND COMBAT PTSD

by Charleene Nicely, PhD

Charleene Nicely has been a residential trainer with The Monroe Institute since 1993. She is currently the clinical director of Pavillon International, a center for the treatment of addictions and related disorders.

While training a *GATEWAY VOYAGE*® program in 2005, a participant, Al, told me this remarkable story. Al was a Vietnam War veteran. He had severe post-traumatic stress disorder (PTSD) for which he had received treatment over the years. However, he still had strong emotional reactions when he saw war footage on the television news or saw pictures of helicopters.

While presenting background information to introduce an evening exercise that is part of the *GATEWAY VOYAGE*, brief combat footage and photos of a military group were shown. Al told me the next day that he was comfortable seeing this material. He had no anxiety or negative reaction to viewing this combat footage and no difficulties afterward. This is the first time since 1968 that he was exposed to something reminiscent of the war that did not trigger a strong emotional reaction.

Al said the only difference that he could identify was listening to Hemi-Sync® exercises for the previous two days. After describing his experience, Al asked me to write it down and share it so other veterans with PTSD might be encouraged to use the *GATEWAY VOYAGE* program and Hemi-Sync as a way to reduce their own anxiety.

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